

## **ABSTRACT**

A shoe sole includes a resilient cushioning device engaged in the heel portion for cushioning heel portions of users, the resilient cushioning device includes one frame member resiliently supported  
5 above another frame member, and suspended in the shoe sole, to provide a resilience to cushion and support the heel portions of the users. A resilient member may be engaged between rear portions of the frame members, to cushion the rear portion of the lower frame member. Another resilient member may be engaged between front  
10 portions of the frame members to cushion the front portion of the upper frame member.